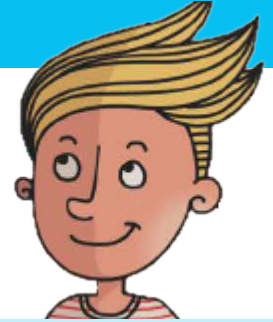


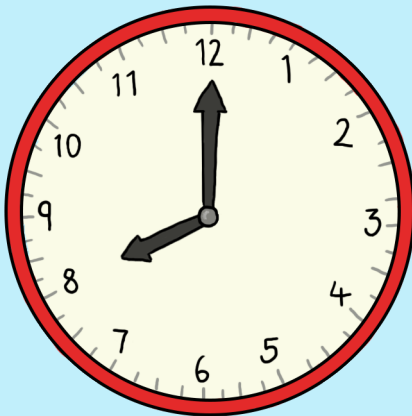
HELP ARTHUR STAY HYDRATED

This is Arthur, he needs your help staying hydrated!

Look at a typical day for him and decide when you think he should drink his 6-8 glasses of water.



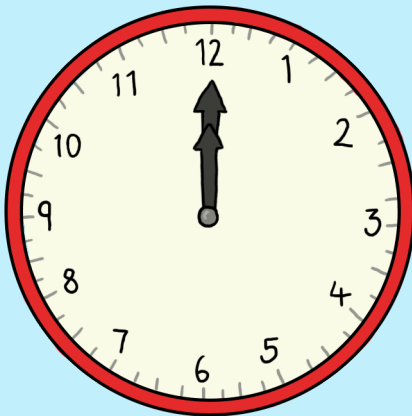
MORNING



ARTHUR'S DAY

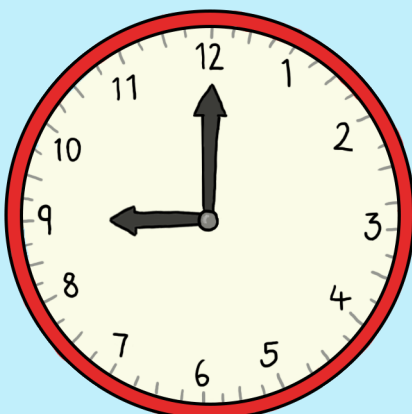
Arthur had 10 hours sleep last night. When he woke up his throat felt dry and he was thirsty. After breakfast Arthur cycled to school. First it was whole school assembly and then math. Arthur was concentrating on his work so hard he got a bit of a headache! At playtime Arthur played football and ate his healthy snack. After break he had science where he learnt about the water cycle.

AFTERNOON



Arthur felt hungry and thirsty at lunchtime. He ate his sandwiches and then played tag with his friends in the playground. He had PE in the afternoon, which made Arthur feel sweaty.

EVENING

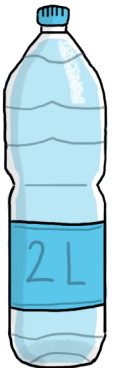










When Arthur got home from school he had another healthy snack and did his homework. It was soon tea-time, after Arthur had a chocolate pudding for dessert and that made him feel thirsty. Afterwards Arthur read a book and did some colouring before going bed.

HELP ARTHUR STAY HYDRATED

When should Arthur be drinking water?

Write your answers in the table below, the first one's been done for you!

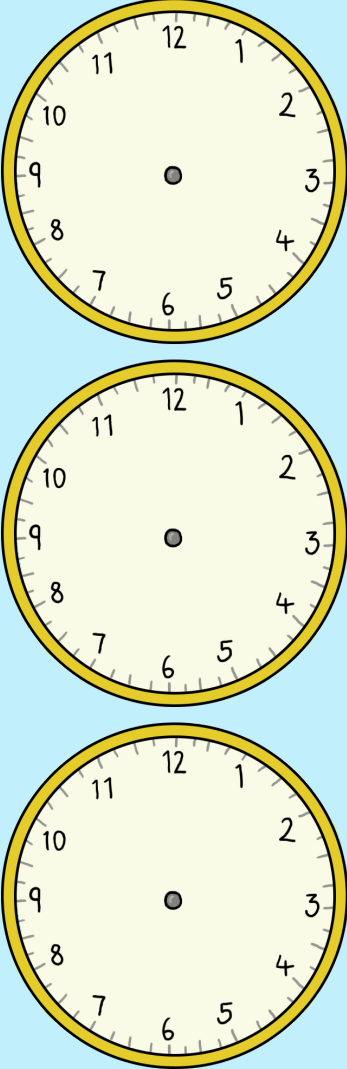




CUP OF WATER	WHEN?	WHY?
	When Arthur wakes up in the morning	He was thirsty and he had been asleep for a long time.
		
		
		
		
		
		
		

HYDRATION FACT SHEET









Think about when you wanted Arthur to drink and have a go at making your own Hydration fact sheet!

Share your tips with family and friends!

_____ 's Fact Sheet	
<p>Here's a picture of me!</p>	<p>You should drink more water at these times in the day:</p> 
<p>My top tips on staying hydrated:</p> <ul style="list-style-type: none"> ● ● ● ● ● 	
<p>When you're hydrated you'll feel:</p> 	<p>The recommended amount of cups to drink per day is:</p> 

ANSWER SHEET

When should Arthur be drinking water?

CUP OF WATER	WHEN?	WHY?
	When Arthur wakes up in the morning	He was thirsty and he had been asleep for a long time.
	When Arthur arrived at school	Because he cycled to school. Any exercise will cause us to dehydrate faster as we are using more energy and breathing more heavily.
	During his math lesson	Arthur got a headache this is often a sign that you are dehydrated. Our brains love water and work better when hydrated.
	At playtime	Because he played football. Any exercise will cause us to dehydrate faster as we are using more energy and breathing more heavily.
	At lunchtime	Arthur felt thirsty and hungry. If we feel thirsty then we are already dehydrated. Always try to have a glass of water with meals.
	At lunchtime	After having his dinner, Arthur played tag with his friends. Any exercise will cause us to dehydrate faster as we are using more energy and breathing more heavily.
	During/after PE	Always have your water bottle with you when you do PE. Any exercise will cause us to dehydrate faster as we are using more energy and breathing more heavily.
	After eating his dessert	Arthur felt thirsty after eating his chocolate pudding.